## **Bibliography for NKA Pain Management Seminar #2**

- 1. Birch, Beryl Bender. (1995). *Power Yoga: The Total Strength and Flexibility Workout.* New York: Fireside Books, a division of Simon & Schuster.
- 2. Birch, Beryl Bender. (2000). Beyond Power Yoga: 8 Levels of Practice for Body and Soul. New York: Fireside Books, a division of Simon & Schuster.
- 3. Davies, Clair. (2001). The Trigger Point Therapy Workbook: Your Self-Treatment Guide for Pain Relief. Oakland, CA: New Harbinger Publications.
- 4. Finando, Donna and Finando, Steven. (2005). *Trigger Point Therapy for Myofascial Pain:* The Practice of Informed Touch. Rochester, VT: Healing Arts Press.
- 5. Finando, Donna. (2005). *Trigger Point Self-Care Manual for Pain-Free Movement.* Rochester, VT: Healing Arts Press.
- 6. Hennessey, Dan. (2006). Thera Cane® for Deep Pressure Massage Owner's Manual. Denver, CO: Thera Cane Co.
- 7. Rolf, Ida P. (1978). *Rolfing: The Integration of Human Structures*. New York: Harper & Row, Publishers; Paperback reprint of the 1977 hardcover edition, published by Dennis Landman Publishers.
- 8. Todd, Mabel E. (1968). *The Thinking Body: A Study of the Balancing Forces of Dynamic Man.* Princeton, NJ: Princeton Book Company, Publishers; Originally published in 1937 by Paul B. Hoeber, Inc., NY and London.
- 9. Van Lysebeth, André. Congreve, Carola (Tr.). (1971). *Yoga Self-Taught.* New York: Harper & Row, Publishers; First paperback printing in 1973 by Barnes & Noble Books.
- 10. Van Lysebeth, André. (1999). Yoga Self-Taught. Boston, MA: Weiser Books.